

SAFE EATING GUIDELINES

FISH CONSUMPTION FROM LAKE BERRYESSA

Fish are nutritious and should be part of a healthy, balanced diet. The American Heart Association recommends healthy adults eat at least two meals of fish a week. It is important, however, to choose your fish wisely. OEHHA recommends that you choose fish to eat that are low in mercury such as those in “Best Choices.” Because some other types of fish from Lake Berryessa contain higher levels of mercury, OEHHA also provides additional recommendations below that you can follow to reduce the risks from exposure to methylmercury in fish.



Women of childbearing age, pregnant or breastfeeding women, and children 17 years and under

BEST CHOICES UP TO 3 MEALS A WEEK
<i>There are no best choices for this population at Lake Berryessa</i>
EAT IN MODERATION NO MORE THAN 1 MEAL A WEEK
Bluegill or other sunfish; trout; or kokanee
AVOID NO MORE THAN 1 MEAL A MONTH
Largemouth, smallmouth, or spotted bass; catfish; and chinook (king) salmon



Women beyond childbearing age and men

BEST CHOICES UP TO 3 MEALS A WEEK
Trout or kokanee
EAT IN MODERATION NO MORE THAN 1 MEAL A WEEK
Largemouth, smallmouth, or spotted bass; catfish; chinook (king) salmon; bluegill or other sunfish

- Incomplete information suggests that carp should only be eaten in limited amounts.
- **CONTACT WITH THE WATER IS SAFE.**
- **EAT SMALLER FISH OF LEGAL SIZE.** Fish build up mercury in their bodies as they grow.
- **MEAL SIZE DEPENDS ON BODY WEIGHT.** Meals are based on a 160-pound adult eating 8 ounces of fish (6 ounces after cooking) — about the size of two decks of cards. If you weigh less than 160 pounds, eat smaller portions of fish. Serve smaller meals to children.
- **DO NOT EAT MORE THAN ONE OF THE LISTED FISH SPECIES DURING THE SAME TIME PERIOD** unless you are eating from the Best Choices category. If you eat fish from one place following the advisory, avoid eating fish from other sources during the same time period.
- **CONSIDER THE FISH YOU BUY FROM STORES AND RESTAURANTS.** Women of childbearing age and children can safely eat up to 2 meals a week of a variety of fish purchased in stores or restaurants*, **OR** use this guide for eating fish caught from this water body. In a week when you eat 2 meals of fish purchased from stores or restaurants, avoid eating fish caught from a local water body. Commercial fish such as shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury. *Women of childbearing age and children should not eat shark or swordfish, which contain the most mercury.
- **FISH FROM OTHER WATER BODIES MAY ALSO CONTAIN MERCURY.** Not all water bodies in California have been tested. With the exception of ocean or river-run salmon or steelhead, which may be consumed more frequently, fish caught from places without an advisory should be eaten in limited amounts.

For more information, contact OEHHA at 510 622-3170 or visit www.oehha.ca.gov